Please make an entry in the diary every time you change your ostomy appliance
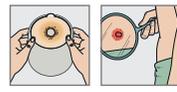
Apply			Remove			Check				Conclusions	

Check — Observations

Conclusions — Routine, Actions

Change	Barrier applied	Barrier removed	Worn for	My skin is:	The adhesive is:		My routine is	Actions
1	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____
2	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____
3	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____
4	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____
5	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____
6	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____
7	_____ date	_____ date	_____ day(s)	☐ Healthy ☐ Irritated	☐ Intact ☐ Eroded / broken	☐ There is visible output under the skin barrier	☐ Adequate ☐ Inadequate	_____ _____ _____

Life is more comfortable with the right appliance-change routine

This diary has been designed to help you keep a record of your appliance changes and establish the right routine. For a full introduction to Apply, Remove, Check (ARC) read the 'Optimising your fit with Apply, Remove, Check' booklet.

The ARC routine has three steps

Apply

Correct application will ensure that your appliance stays securely in place and that the skin around your stoma is properly protected from stoma output and the irritation it may cause.

Remove

The right technique will enable you to remove your appliance gently – protecting the skin around your stoma.

Check

Check your adhesive and the skin area it's been covering – use a mirror if needed. An eroded adhesive, visible stoma output or irritated skin may indicate you need to change your appliance more often or use another appliance type.

SenSura® Mio

The right solution with the right appliance-change routine is your best defence against leakage.

The SenSura Mio range is designed to fit individual body shapes. It is easy to apply and remove, and stays securely in place during movement, helping you feel more confident.

Ask your healthcare professional to find out which SenSura Mio best suits the shape around your stoma.

Try the BodyCheck tool

BodyCheck is an online tool that you can use to quickly get an assessment of your body profile and the appliance that provides the best fit.
Coloplast.ca/BodyCheck

Enroll in Coloplast Care

Coloplast Care gives you support for your ostomy care needs from dedicated advisors ready to answer questions and provide access to product samples.
Coloplast.ca/CareForm

Contact information for questions on our products:

Consumer Support: 1-866-293-6349

Email: casupport@coloplast.com

Phone hours are
Monday to Friday, 9 am to 5 pm EST

Coloplast